

Men's basketball underway at LU
See page 7.

Looking for a good place to eat?
See page 6.

Costa Rica a worthy study break escape.
See page 5.

LAMBDA

PROUDLY SERVING THE LAURENTIAN UNIVERSITY COMMUNITY SINCE 1961

The doctors are in...

Classes begin at Northern Ontario School of Medicine

BY NEIL ZACHARJEWICZ
EDITOR-IN-CHIEF

Laurentian University celebrated a momentous occasion this week with the opening of the Northern Ontario School of Medicine, the first new medical school to open its doors in over 30 years in Ontario.

The Northern Ontario School of Medicine (NOSM) is the first twin site medical school in Canada, with campuses at Laurentian University and Lakehead University in Thunder Bay. The new facility celebrated its opening in grand style, with dignitaries gathering in Sudbury and Thunder Bay for a joint ceremony conducted via two-way teleconference. Ontario Premier Dalton McGuinty and His Excellency John Ralston Saul were among the guests to take part in the Laurentian celebration on Tuesday, September 13th.

"By training doctors in the North, we are hoping to improve access to health care services for people – where and when they need it," stated McGuinty. "It's going to make a difference right away as students begin working in community placements and in Aboriginal communities. We want to recruit medical students from the North, so they can practice in the North and live in the North."

Andy Mitchell, Secretary of State (FedNor), pointed out that statistics demonstrate that where young physicians go to study is often where they choose to set up practice once their studies are complete.

"Too often we have seen the best and brightest leave to go elsewhere and never come back," Mitchell said. "This is not simply about this school, or about bricks and mortar. This is about the people in this room."

"I am so excited I can hardly speak," said Dr. Judith Woodsworth, president of Laurentian University. She suggested that the grand opening was the most definitive milestone for the Northern Ontario School of



Dr. Roger Strasser, founding dean of the Northern Ontario School of Medicine (left), and Ontario Premier Dalton McGuinty declare the new twin-site facility officially open at a ceremony to celebrate its grand opening, held on Tuesday, September 13th.

Medicine. "We expect the medical school to break new ground."

The Northern Ontario School of Medicine is mandated

to focus on medical education that addresses the unique needs and characteristics of rural and Northern Ontario, and the gov-

ernment has committed \$95.3 million dollars over three years towards the development of both campuses. In its inaugural year,

the Laurentian site will boast 32 students, while 24 students will study at the Lakehead campus. Of the 56 students in the inaugural class, 18 percent are francophone, 11 percent are Aboriginal, and 78 percent have lived in Northern Ontario for 10 years or more.

"Since beginning our work on this project three years ago, the staff of the Northern Ontario School of Medicine has promised to create 'a medical school like no other,'" stated Dr. Roger Strasser, NOSM's founding dean. "We want to reaffirm that promise to the people of Ontario, and to you students of the Charter Class, here today."

"The Northern Ontario School of Medicine is the first medical in Canada for the 21st century," Strasser noted. He added that special emphasis will be given to rural and remote medicine, and as a result NOSM will pioneer the marriage of technology, education and health care delivery in the North. The school is based on the premise that medical students tend to practice where they have studied, he said, adding that NOSM graduates should contribute to reducing the physician shortage in the North.

"This is the beginning of a great new adventure. It's not just about going to a new medical school; it's about going to a new sort of medical school. Here is an institution built around real Northern needs," Saul suggested.

NOSM students are required to complete a compulsory multi-week placement in Aboriginal communities in their first year, two six-week placements in rural and remote communities in their second year, and a comprehensive community clerkship (eight months in one community and six weeks in another) in Year Three. The students will have access to e-learning technology such as interactive video-conferencing and web-based course material. The government has also approved funding to accelerate

(continued on page 4)

New teepee sign of strengthening relationship between LU, First Nations

There is a new edition to the skyline at Laurentian University, only this new building is not made of bricks and mortar.

"Today, we share our home," stated Angela Recollet, Native Education Manager for Laurentian University's Native Student Services department, at this year's Welcoming Ceremony and Feast for Native Students, held on Friday, September 16th.

Recollet was referring to the teepee erected in the VIP Square, a permanent new addition to campus. Recollet invited

students to enjoy the teepee, but requested that all students "respect the teepee, our home, as you would expect us to respect your home."

The annual Welcoming Ceremony and Feast featured an afternoon of singing, drumming and dancing, in keeping with the day's theme, Kina maanii ghibendaagzimi, which is



DEPUTY GRAND CHIEF NELSON TOULOUSE

Ojibway for "All of us have a place here."

"It is a great honour to be at this special event," suggested Leona Nahwegahbow, chair of the Laurentian University Native Education Council. "I always envisioned something like this happening."

Nahwegahbow indicated she looked forward to working with university

on many more projects of a similar nature, adding that this was a first step towards realizing the dream of a Native education Centre, which could be used as a welcoming centre and a place for the First Nations students to call their own. She pointed out many universities already have such a facility.

"This is only the beginning. We have a way to go," Nahwegahbow said.

Susan Silverton, Vice President of Academics and Anglophone Affairs, suggested the day was not only a celebration

(continued on page 4)

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Include your full name and student number. Please keep articles to a maximum of 700 words. Lambda reserves the right to edit for content considered sexist, racist, homophobic, heterosexist, for length, or legal purposes. Letters of a harassing or slanderous nature will be dealt with by the proper authorities.

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EDITOR'S CORNER

Potential strike stressing us all

There is a certain sense of uneasiness that has permeated campus lately, a new sensation unlike any students would normally find at Laurentian.

Sure, there is the sudden stress of the realization that papers are starting to come due already, and tests are starting to become a regular occurrence once again. But the uneasiness that results from the day-to-day studies are not the only stresses LU students have to deal with these days. No, I'm referring to uneasiness that seems to be circulating due to the possibility of an impending strike.

Now let me be clear from the get-go, I am not about to take sides as to who is right and who is wrong in this case. If I've learned anything in the last 10 years of my life, it is that nothing in life is black and white. Certainly, both sides have positions that they feel justified in taking, and hopefully both sides have the needs of students at heart. And perhaps, in due time, both parties will reach a negotiated agreement which they can live with.

My concern here is what is happening in the meantime. It is like the Sword of Damocles



EDITORIAL

is hanging over the collective heads of students across campus. One need only have spent the morning of September 15th, the date in which faculty found themselves in a legal strike position, in the office of the Students' General Association/Association generale des etudiantes to hear the phone ringing almost off-the-hook with phone calls from students wondering whether or not they would be headed to school that day only to find their profs on the picket lines.

While the dreaded "deadline day" came and passed uneventfully, much like the arrival of

Y2K, the uncertainty has lingered.

Students who breathed a sigh of relief that classes were still proceeding as scheduled were still faced with a myriad of rumours of what was, and is, yet to come. Will the sides settle soon? Will there be a strike?

No sooner had September 15th passed when rumours began circulating that Monday, September 19th, the first Monday following 'deadline day,' would be the day that the faculty would hit the picket line. And again, that deadline came and went with little fanfare.

Now, the question on the tip of every students' tongue is "what next?" At any moment, students understand that their profs could walk out, and it is not a good feeling.

At this point in the school year, many of us are just starting to get into the swing of classes once more. We have established our schedules around our classes, settled into our studies and arranged for our part-time jobs. Yet at any moment, this ticking timebomb could go off and leave us lost and uncertain of what is going to happen next.

Perhaps some will accuse me of fear-mongering here, but the fact of the matter is that this is what students are talking about... well, that and how soon the pub will re-open. But easily the most pressing concern outside of our studies is how much longer we will have to wait before this situation is resolved.

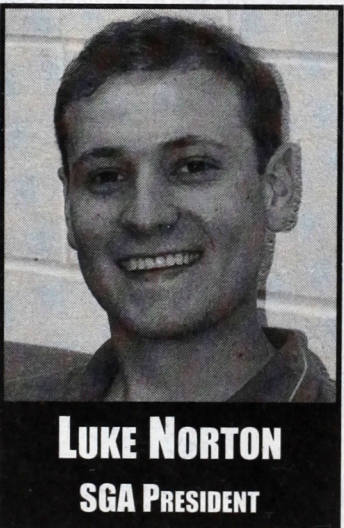
Now I could sit here and urge both sides to hurry up and reach a settlement, something I'm sure all of the affected parties would love to see. And hopefully, the parties' meeting with the mediator earlier this week proved fruitful. But really, the purpose of this editorial was primarily to illustrate the situation many of us students find ourselves in, in the hopes that someone realizes that while the long-term view of providing quality education to students is important, so too is the need to provide quality education in the short-term. Some of us are looking forward to graduating this year, and hopefully we'll be able to realize that dream.

- Neil Zacharjewicz
Editor-In Chief
lambda@laurentian.ca

SGA/AGE will ensure students' voice heard if strike occurs

Well another week down in this young semester and things continue to roll forward at Laurentian. This week will have seen the year's first Senate, SGA/AGE Board, and Board of Governors meetings having taken place. There, are of course, plenty of other things on the go as well.

The talks between the faculty and the administration continued this week as both sides met with a mediator on Wednesday. This means that we should know whether or not a strike will occur by the end of the week. As the news blackout continues, it is difficult to gauge where the talks stand, but the fact that they are meeting is always positive. In the event of a strike, the SGA/AGE will do everything in its power to ensure that both sides are pressured back to the negotiating table, and that student opinion is heard and taken into consideration. At this point, however, it is best to let the mediation process



LUKE NORTON
SGA PRESIDENT

continue unabated.

Another student issue on the horizon is the by-election for the SGA/AGE VP Issues position. A part-time paid, position, the VP Issues is responsible for ensuring that student rights are being fought for and preserved. This position works closely with the

Canadian Federation of Students (CFS) on both a national and provincial level. As well, the VP Issues is also responsible for meeting with local elected officials to lobby on behalf of students. The position is an important one, but it also affords you the opportunity to meet some great people and to make a positive impact on your campus. Along with this part-time Executive position, we are also accepting nominations for a Francophone Affairs Commissioner. The role of this position is to ensure that the SGA/AGE is fulfilling its mandate as a bilingual association, as well as to represent Francophone voices on a number of important committees.

Nominations will open Monday, September 26, at 9am and close Friday, October 7 at noon. Nominations forms will be available in the SGA/AGE office starting on the 26th.

Campaigning will begin

Tuesday, Oct 11th at 9am, and closes at 5pm on Wednesday, Oct 19th when we will hold the vote via a board by-election.

I hope that all of your classes are going well and that you are starting to find the rhythm that usually takes a week or two to get in to. I'd like to take this moment to remind you that minutes and information about all of the Board and Executive meetings of the SGA/AGE, as well as Senate and Board of Governors, are available in the SGA/AGE office in the Student Centre. We provide copies of these minutes so that you can know what's going on with your student association as well as the rest of the University. I encourage you all to use this valuable resource and to stay aware and involved with your student governance. You pay to come to this school; you have the right to know what's going on inside it.

Have a great weekend and we'll see you next issue!

LOCS still welcoming new members

The world of LOCS is moving along and going strong. Thus far, we have had our beach day and our BBQ. For those of you that missed it, too bad for you; it was a blast. For those of you that are members, these next few lines will be of extra interest to you. There have been conflicting messages going around that we will have membership cards, no we won't, maybe we will....blah, blah blah. Well, the mighty president of LOCS and thus final authoritative voice on the matter, Amanda Harrison has told me that we will in fact be having some sort of membership card for you. As to when that will be, we are not yet sure. For more information, as to



when and where you will be able to pick up your cards keep watching the Lambda and your e-mail.

Now back to more entertaining news. The LOCS BBQ was a

total success. Free food, great people, free food and a plethora of entertainment ensured the success. Personally, I felt that the highlight was the football game

even if we lost 21-7 (me having the only touchdown for our team via a beautiful pass from Matt). Many have told me, that the highlight for them was just the event itself; the ability that it gave them to meet up with other off campus students.

The Club days went well for us. For those of you that have thus far not signed up for your membership you will now have to pay the full price of \$10. You can do this at the LOCS office, which is located in the back of the SGA office.

Okay that's it. Talk to you again soon.

F.C Silman

CAMPUS NEWS

LU students demonstrate spirit of giving

BY NEIL ZACHARJEWICZ
EDITOR-IN-CHIEF

Canadian Blood Services came calling, and the students of Laurentian University responded.

On Monday, September 19th, over 50 students from the university turned out to give blood at the first of several blood donor clinics scheduled for the coming year.

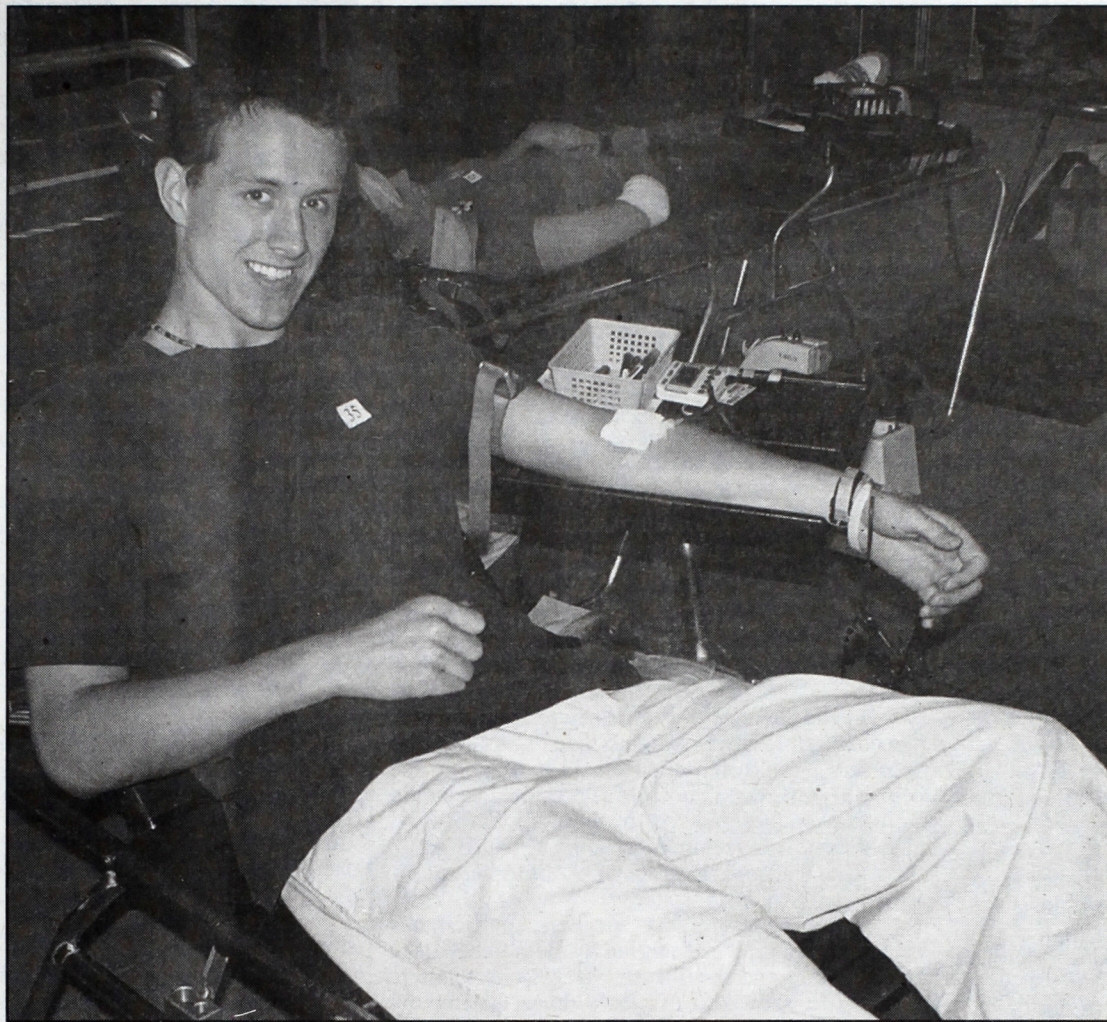
"We are just delighted with the support we have received from our student recruiters," explained Dorothy Osborne, communications specialist with Canadian Blood Services. "This is just terrific that they have taken the time to come by and donate. We have had a number of first-time donors."

Osborne explained that things started off slowly early in the day, but noted that one of the great things about being able to host clinics at the university was that once the word spread around campus, donors were lining up.

"We had a lot of walk-ins today, and because of that we had longer waits today," she indicated. However, she noted that many of the students proceeded to make appointments for the next clinic.

Perhaps one of the draws for students to give blood was the opportunity to get in on a new contest being offered by Canadian Blood Services.

"If they come in three times between now and the end of 2006, their name will go into a draw for a TV/DVD



First-year Huntington resident Tyler Bayley gives blood at a clinic put on by Canadian Blood Services at Laurentian University on Monday.

combo," Osborne explained. With future clinics scheduled for October 17, November 14, December 12, January 23, February 6 and March 27, Osborne suggested there was still plenty of time for new

donors to get their names in for the draw. However, she did request that interested students call 1-888-TODONATE to book an appointment for one of those dates, to help prevent long waiting

times for donors.

"The demand for blood is constant," she explained. She noted that with an aging population, there has been an increase in the number of hip replacement and cardiac sur-

geries. Both of these procedures, she indicated, require a lot of blood. While Sudbury enjoys a committed core of donors, Osborne said Canadian Blood Services is always looking to sustain that volunteer force.

Having the clinic on campus is also good for another reason, she noted, as many students find it hard to find the time to visit Canadian Blood Services at its Cedar Street office. However, she explained that the agency is looking at offering the Life Bus program, which would provide transportation for students willing to donate.

"We'll do whatever we can do to facilitate donors to come in to visit us," Osborne said.

Many first-time donors were discovering that donating blood does not hurt as much nor take as long as they may have thought, she noted.

"Ideally, we can have people in and out in 45 minutes," she stated. Furthermore, Canadian Blood Services provides donors with an unlimited supply of free coffee, pop and doughnuts.

Osborne indicated that it is a little-known fact that less than four percent of eligible Canadians donate blood, a rate that is even lower than that of the United Kingdom.

"Even if we could get that up by one percent, it would make all the difference in the world," Osborne said.

LUFA, administration meet with mediator

BY NEIL ZACHARJEWICZ
EDITOR-IN-CHIEF

With no resolution to the current negotiations between the faculty and administration in place by the beginning of the week, both sides were hoping that some progress would be achieved at a meeting with the mediator which was scheduled for Wednesday, September 21st.

"Hopefully he will be able to sort out the outstanding issues," stated Barry Cotton, communications officer for the Laurentian University Faculty Association (LUFA), late Tuesday afternoon.

In the meantime, LUFA has been working hard to raise awareness of the issues in the form of a fact sheet distributed around campus in recent days. In the fact sheet, LUFA cites the fact that salaries are \$8,600 below the average for Ontario universities, that Laurentian University faculty have the highest workload among professors in Ontario, that the premiums for long-term disability and dental coverage are the highest in the province "by far," and that the pension and pension benefits are among the

poorest in Ontario, as being among the major issues being negotiated.

LUFA suggests that if a fair and competitive is not reached, that it will become increasingly difficult to attract and keep new faculty, resulting in the university becoming a stepping stone for new faculty looking for something better. Furthermore, the association suggests that because the average age of the Laurentian faculty is higher than the provincial average, the system-wide trend toward faculty shortage crises will hit the university earlier and more dramatically than other universities.

In its fact sheet, LUFA contends that a settlement that is not fair or competitive will

seriously impair the quality of education, reduce the quality and quantity of research conducted by the university, and that students would find larger classes and fewer course options.

There are two reasons LUFA believes that Laurentian can afford to offer its faculty a fair and competitive settlement, the first reason being that the operating budget for the university has increased by 45 percent since 2002 because registration and grants are higher than they have ever been in Laurentian history. Furthermore, LUFA points out that the Ontario government has promised further increases in funding for the foreseeable future.

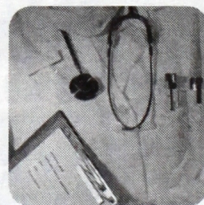
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New teepee sign of strengthening relationship between LU, First Nations

(continued from front page)

of what the First Nations and the university had accomplished by working together, but also a celebration of what they hope to accomplish together. She noted that her window overlooks the new teepee, and every time she gazes upon the courtyard, it will remind her of that commitment.

"LUNEC is the key to strengthening the partnership between the university and First Nations communities," Silverton said.

"Every time I attend an event such as this, I am grateful," stated Dr. Andrii Krawchuk, President of the University of Sudbury. "I used to think I knew about community. I used to think I knew about sharing and compassion."

But Krawchuk said his exposure to the culture and traditions of the First Nations people taught him he had much more to learn.

"At the University of Sudbury, we are marking the 30th anniversary of the School of Native Studies," he explained. He noted there would be many activities to mark the occasion throughout the course of the new school year, and he encouraged all students to come out and participate. Krawchuk suggested that learning does not only occur in the classroom, but within the community as well.

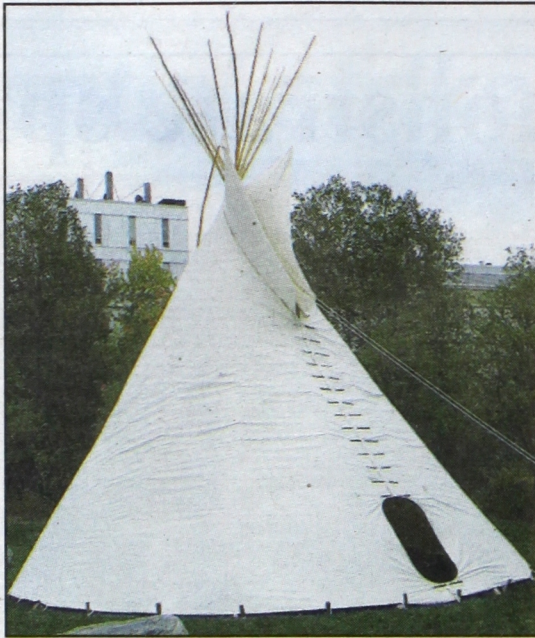
Nelson Toulouse, the Deputy Grand Chief of the Union of Ontario Indians, confessed that he came to the event with mixed emotions, as only that morning had he learned of a young man from his community, the Sagamok First Nation, who had taken his own life. He said that it was unfortunate that young First Nations people, who have their whole lives ahead of them, see nothing for them.

"We shall move forward. We have to tell our young people that there is hope, that there are alternatives," Toulouse said. "That is why we are here today, to celebrate these alternatives."

Toulouse spoke of the importance of language in his culture, how it is an issue that is close to his heart, and how he will work towards raising awareness of the importance of language for as long as he lives.

"Language is here in Turtle Island, or what you know as North America," Toulouse said. "It gives us the ability to view things. It gives us our universal view of the world and how we coexist in it."

Chief Theresa Migwans, of the Whitefish Lake First Nation, indicated that she had recently completed her studies and received a degree of her own.



Neil Zacharjewicz / LAMBDA

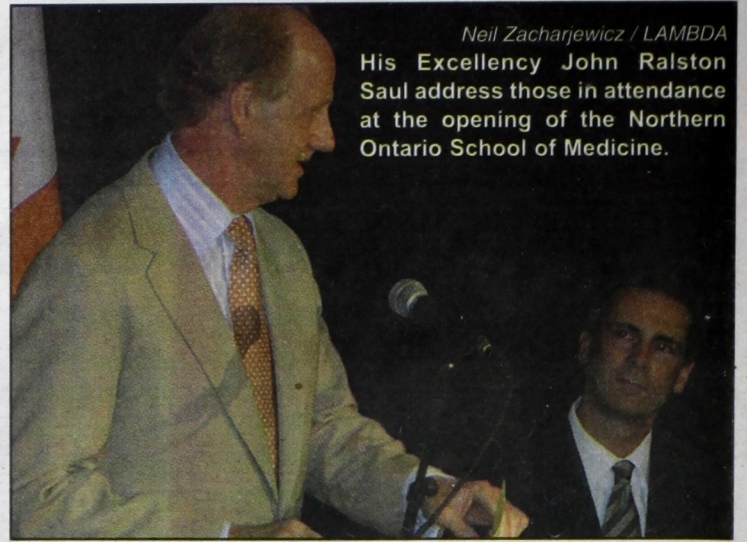
This teepee is a new permanent fixture in VIP Square. The teepee was erected as part of the Welcoming Ceremony and Feast put on by Native Student Services last week.

"It was the best six years of my life," she noted. "It took place because of a good relationship between a university and a First Nations organization."

One of the people who helped to erect the new teepee on campus was Native Students' Association President Brad Robinson. He said it was only the beginning, and that in his role as president he would welcome suggestions as to how to help First Nations students feel more at home at Laurentian.

"(The teepee) is a great symbol of us here at the university," Robinson stated.

Following the guest speakers, participants enjoyed drumming and singing by the Ramsey Lake Drum Group and the Sweet Water Singers. There was also a showcase of jingle dress dancing by Cynthia Osawamick, Lisa Pitawanakwat, Shkebe Landry, and Michelle Elliott. There was also a feast, prepared by Marsha Nawash, for the students and visitors who attended the event.



Neil Zacharjewicz / LAMBDA

His Excellency John Ralston Saul address those in attendance at the opening of the Northern Ontario School of Medicine.

The doctors are in...

(continued from front page)

new residency positions in the North that will be dedicated to NOSM. This year, the school will have a total of 37 specialty post-graduate trainees in the north, training in internal medicine, general surgery, pediatrics, psychiatry and anesthesia. This number is anticipated to double by 2007, and current estimates suggest the number will grow to 130 specialty residents in Northern Ontario by 2013.

The students will also benefit from close to \$5 million in financial assistance aimed at medical students enrolled at NOSM. These funds, funneled through the Northern Ontario Heritage Fund Corporation, are intended to ensure that no student from the North will be turned down due to a lack of funds.

"An achievement like this does not just happen," Strasser stated. He gave special recognition to the individuals at all levels that have been involved with NOSM. Their enthusiasm has

gone above and beyond the call of duty, he suggested, and has helped the new school to surpass each milestone along the road to its official opening. He also extended his thanks to the families of these individuals, who have had to make their own sacrifices in order to realize the dream of a new medical school.

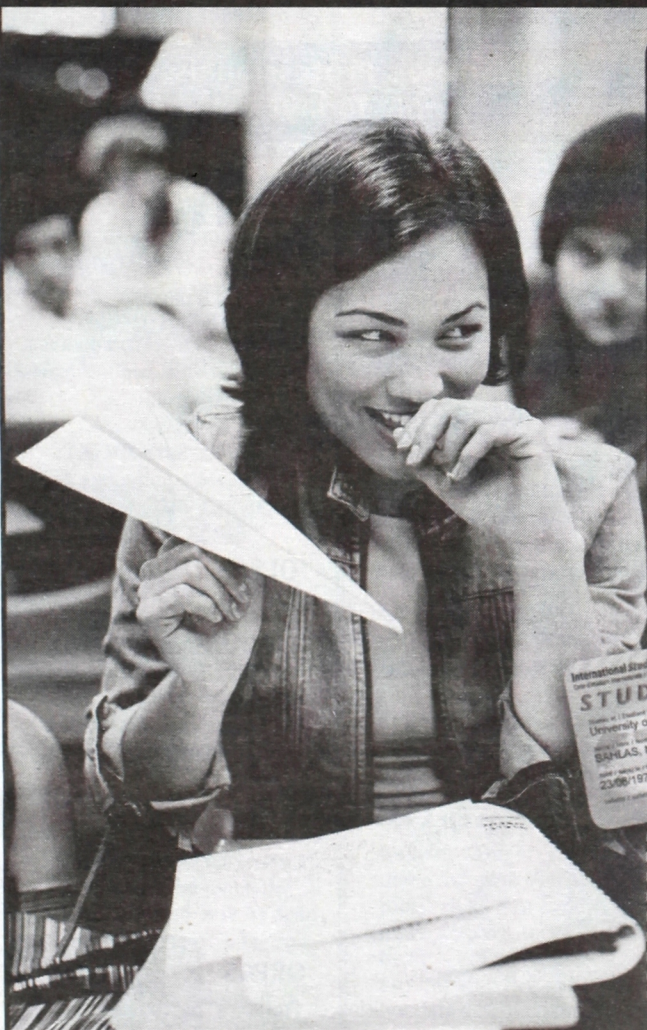
"NOSM is a jewel in the crown of Northern Ontario, Ontario and all of Canada," Strasser said.

"Thanks, too, from the bottom of my heart to all of our political leaders (for helping to make the new school a reality)," Dr. Woodsworth said.

Ben Quackenbush, one of the 32 students who will be studying at NOSM's Laurentian campus, indicated he was looking forward to getting down to his studies.

"It's been fabulous. It's an exciting day for Northern Ontario," he said. "I'm looking forward to getting started."

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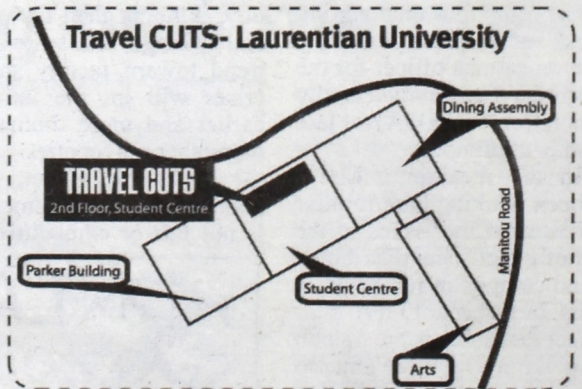
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BY JENIVA DONALESSEN
LAMBDA CONTRIBUTOR

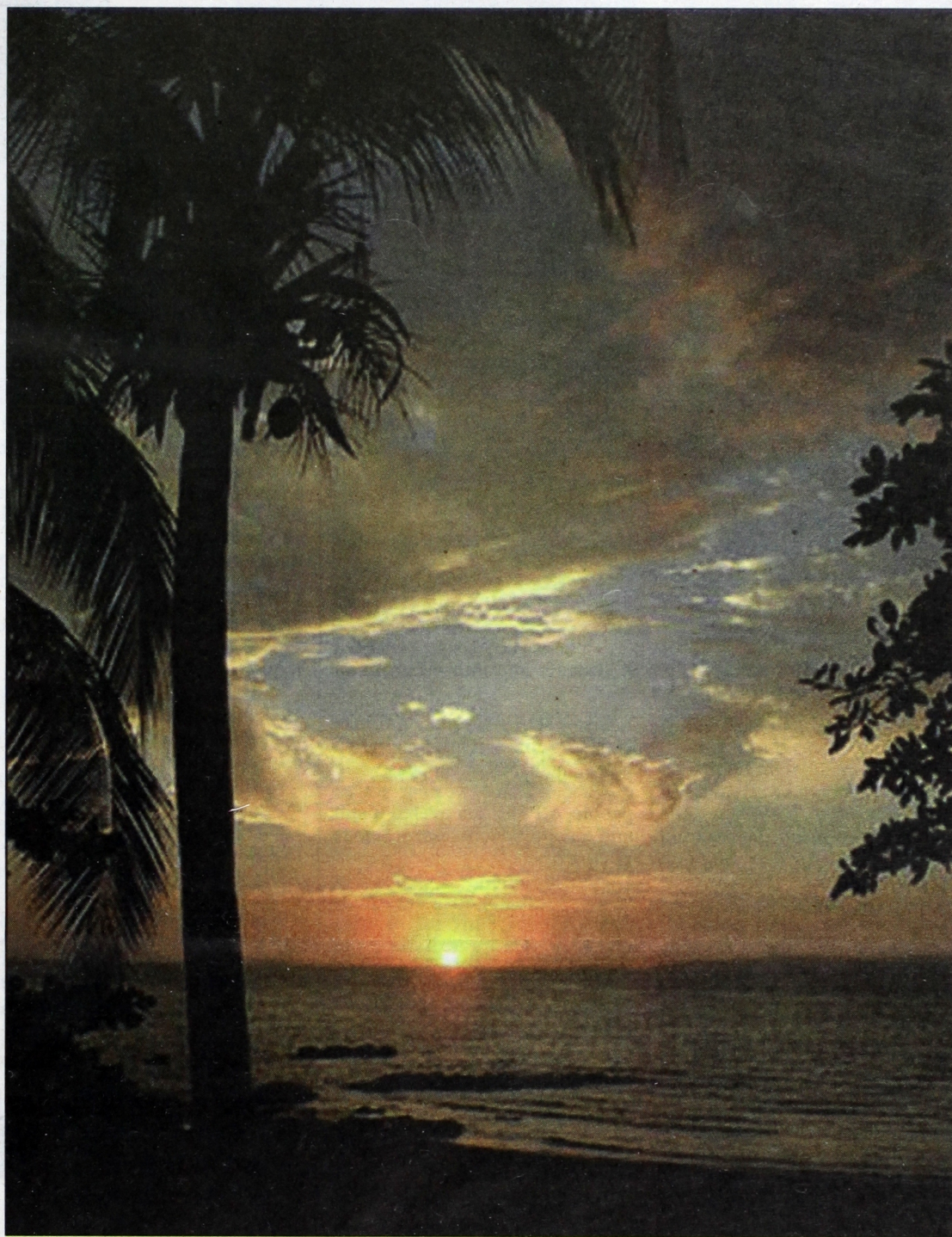
The notion of globetrotting has taken us by storm, and for those of you who, like myself, are out in the global village boonies studying university, it can get somewhat frustrating to receive endless travel stories bombarding email accounts from friends going to Asia, Australia, Europe, and New Sudbury.

In fact, during reading week in February, envy got the best of me and I bit the bullet. Dusting off the old travel-purpose Visa credit card, my boyfriend and I were ready to take backpacking by storm. Although the all-inclusive resorts had much to offer in the ways of nice hotels, beaches, alcohol and partying, in the long run I decided that was not pour moi. Instead, I opted for a skinny little Central American country nestled between Nicaragua and Panama, mistakenly referred to by one American tourist I met there as Puerto Rica but considered by everyone else in the world to accurately be known as Costa Rica.

Flights ranged from about \$400 to \$700 dollars return, depending on whether it is high or low season, and most major airlines fly to San Jose, the capital. It is a full day's travel, as most of the cheaper flights stop in Charlottetown or Miami. Flying into San Jose at night, we took a taxi from the airport and passed the first prostitute (of many) as a result of Costa Rica's legal prostitution. The country is currently battling a huge problem with children earning a living this way and the wealthy tourists that endorse it. The government seems to finally be getting a grasp on the issue, and the front pages of their papers are plastered with stories of people getting caught and convicted.

Setting my Tim Horton's 'double double' addiction aside, I jumped even further on the coffee train and indulged in as much of the world's finest coffee as my poor digestive system could take. Coffee and their staple diet of rice, beans, fish, and plantain are balanced with plenty of fresh fruit and guaro, their sugar-cane moonshine that tastes like a vodka-absynth hybrid. Not for the weak of mind nor stomach. Costa Rica is extremely cheap and thus high on the student-friendly destination list. Our hostels only cost us \$9 U.S. a night, and the thickest juiciest steak I have ever feasted upon cost me a mere \$8.

Aside from coffee, bananas, and cheap travel, Costa Rica is also renowned for their roads. Their potholes put Sudbury to shame, with stories of entire front



Jeniva Donaleshen / LAMBDA

With beautiful sunsets like the one pictured here, Lambda contributor Jeniva Donaleshen suggests Costa Rica as a destination for those who are feeling bitten by the travel bug.

ends of cars disappearing into them. Potholes aside, they're obsessive about horn honking, do not yield to pedestrians and drive like maniacs; renting a car is not advised in most tour books. Many Ticos (Costa Ricans) speak broken to fluent English, and of course your non-Spanish accent allows for a modest increase in any market vendor's prices.

Because the Caribbean side is in its wet season during February, we could only visit the Pacific coast, and on our first tour I saw my first live in-the-wild crocodiles! Boat cruises are the way to go in terms of seeing wildlife; we not only saw a pair of

red macaws, white-faced and howler monkeys, iguanas and other unidentified creatures (you know, the ones... with the fur...and the eyes...) but saw more crocs right beside our boat! This was considered somewhat frightening, should our boat overturn, until our tour guide jumped in the water with raw fish and turned it up a notch to just plain craziness. The croc swam up, took the fish once, twice, and then our tour guide kissed the 3 meter-long crocodile on the snout! In my daring move, I patted its tail in lightning-speed. Nearby Punta Leona resort was needed for an afternoon of inhaling as much free food as possible and lounging on the beach.

Craving more beach action, we took a bus down to Punta Arenas (the most humid place ever; just thinking makes you sweat) and opted for the ferry to Paquera over Punta Arenas' spray-painted scenery. Transportation is easily accessible to anyone, regardless of your Spanish level, and we quickly found a bus to Cobano and then to Montezuma. This is considered the 'hippy-ville of Costa Rica', a total flashback of the 60's (born in the 80's, I am basing these flashbacks on an older traveller's insights....) Wrinkly hippies with long white hair and tie-dyed shirts roam the streets barefoot

and laid back as street vendors bless the streets with their wares. Buyers beware: what I was told was a hand-made wooden bracelet quickly revealed itself to be painted plastic in the daylight! Our hostel was right on the beach and several restaurants have candle-lit tables right on the beach itself at night. Our waiter was a surfer burn-out who had a hard time remembering anything at all, so our meal went like this: main course, drinks, appetizer. However, the ocean more than made up for it!

Nearby are Santa Teresa and Malpais, two side-by-side beaches where surfers worldwide flock to catch the waves. Although I have surfed in Australia, Malpais

redefined the term 'wipe-out' for me: I emerged from the ocean gasping, shaking, and bruised after a wave nearly stole my very existence... yes, it was that dramatic.

Here are a couple lessons on life in Costa Rica: their motto pura vida, meaning "pure life", is used for everything and anything. It is used in toasts, in greeting people, as an expression of relaxation, and just for the sake of saying anything at all. Another term is 'Tico time'. In most of Central and South America, being on time does not exist. One can only be late, later, or a no-show. Last but not least, having learned the large hairy spider outside my hostel was not a tarantula after all lent no comfort to the fact that for apparent lack of bugs/air conditioning/winter Costa Ricans keep their doors and windows open, if they have any at all, and should a black, hairy spider feel the need to crawl into one's room it would be more than able to do so!!

One recommended tour is the San Lorenzo canopy/zip line tour of the rainforest... Essentially what this entails is a plastic helmet that smelled like a nauseating mix-n'-match of people's head sweat, a harness, a pulley and a very scared tourist. They clip you onto a long cable suspended throughout the trees in the rainforest, several hundred meters up, with 3 clips (one holding you, 2 for safety) and no net. They teach you how to stop by placing your leather-gloved hand on the cable, and warn you should you do it wrong you could either cut your hand off, pull your arm out of your socket, or run into a tree. No worries though, speed only gets up to 30 miles an hour...what?!?!?

Not quite as death defying, our last day was spent on a trip to Isla de Tortuga, or Turtle Island. There, we feasted on ceviche (raw fish in lemon juice, a delicacy!) and coconut chicken, listened to a band play under palm trees on a white sand beach, and snorkeled around a lush, green island. We saw so many colourful tropical fish it made 'Nemo' seem under populated!

The San Jose airport is an adventure all to itself and I would recommend a couple hours earlier than your departure to get through the maze of line-ups required to board your aircraft. Since returning to Sudbury, I have substituted my 30-cent Costa Rican mangoes with mango punch by Tropicana and have attempted my own version of their main dish gallo pinto (rice and beans) to console my longing for even the smallest amount of Costa Rican lifestyle. Here's hoping the travel bug bites and you head south to this traveler's jewel and experience "la pura vida" for yourself!



Jeniva Donaleshen / LAMBDA

There is more to Costa Rica than beautiful scenery. The wildlife is pretty cool too.



Jeniva Donaleshen / LAMBDA

The mountainsides of Costa Rica are a beauty to behold.

ARTS & ENTERTAINMENT

Laughing Buddha offers good prices, small but comfortable atmosphere

BY ROBIN CROWDER
A&E EDITOR

Recently opened on the edges of downtown Sudbury, the Laughing Buddha proves that sometimes the big name establishment is not the best option.

Small and comfortable, the lounge features a wide variety of local and imported drinks, along with a simple yet diverse menu. Featured foods run along the lines of gourmet omelettes (all named for their contents, such as the Celine Dion – all cheese!), toasted sandwiches (each with its own unique twist, one example being the grilled cheddar and tomato with thyme), interesting salads and classic stone-baked pizzas. A bonus for vegetarians is the flavourful chick pea salad and the fact that – for once – meatless dishes outnumber the more carnivore oriented options.

Meals are priced to be fairly student friendly with the cheapest sandwich starting at \$5.25 and the most expensive pizza ringing in around \$11. A word to the wise, however, if you choose to order dessert be sure to check on the price as a piece of cheesecake sells for \$8.

While food at the Laughing Buddha will leave your belly as jovial as the lounges' namesake, probably its most attractive feature is the cozy "backyard patio." Despite facing onto busy Elgin St, a large wooden fence keeps traffic noise at a minimum and a variety of mellow music allows



Neil Zacharjewicz / LAMBDA

The Laughing Buddha, on Elgin St., boasts an almost European feel, and student-friendly prices.

patrons to chill out and enjoy. The place has an almost European feel, with pea pod plants climbing the walls and soft light lanterns to provide a little ambiance. A nice change from the larger chain restaurants, diners are encouraged to enjoy their meals, and linger over drinks without feeling rushed.

All in all, the Laughing Buddha is an enjoyable and relaxing way to spend a few

hours, whether for dinner, drinks or just a coffee. Only one down side remains: what happens when the end of nice weather forces people off the uncovered patio and into a much less spacious interior?

Visit their website at www.thetownehouse.com/buddha%20index.htm for a full menu, or stop by and check out the patio before the cold sets in.

New season begins at Sudbury Theatre Centre

BY ROBIN CROWDER
A&E EDITOR

After an extremely successful 2004-05 season, the Sudbury Theatre Centre opens its doors once again this year with a whole new line up and a bright outlook on the future as it celebrates its 35th anniversary.

To help with the celebrations, the Theatre Centre is planning an intricate line up of comedy, drama, tragedy and even a few special children's plays. Up first in the line is the undying classic, William Shakespeare's *Romeo & Juliet*. Opening September 29th and running through to October 16th, the production promises to bring new passion to an old story of love, lies and loss.

Next on the line up is a musical featuring a story right from our own backyard – *Billy Bishop Goes to War* tells the story of the World War One flying ace from Owen Sound who helped make Canada a recognized contributor in the war effort. This historical drama shows from November 3rd to 13th.

Just in time for the holiday season is the ever classic *Aladdin*, on stage from December 3rd through 18th. Worried that it might seem a bit childish? Think back to the Disney movie – this story has something for everyone, young and old!

Dramatic comedy is the next lesson after the Christmas break, with the opening of *When the Reaper Calls*. Two philosophy professors who have been friends for a long time revel in playing pranks on one another until one of the jokes goes murderously wrong. The story traces the changing lives of the profs following the aftermath of the tragedy and will be showing from February 9th to 26th.

Many people enjoy a good "Newfie" joke, so why not enjoy a good "Newfie" play. From March 26th through April 2nd, *Of the Fields, Lately* shares the story of family love and bonding in a move from Canada's oldest province to the big city of Toronto.

Finally, the season closes up with a devilish tribute to an old 1950s sci-fi flick, Charles Griffith's *Little Shop of Horrors*. In this humorous interpretation, a nerdy florist finds his route to success and romance with the help of a giant, bloodthirsty, man-eating plant! Playing from April 27th to May 14th, this set is sure to send shivers down your spine and laughter to your belly!

And if the stellar line up isn't enough to get your dramatic juices going, the Sudbury Theatre Centre makes it very easy for students to enjoy any or all of these cultural experiences. Student tickets sell for only \$14, 50 – cheaper than a night at the movie theatre, and much cozier atmosphere! Ticket packages are available in denominations of 4, 6 or 12 packs to save you even more if you plan to attend multiple shows. For more information, call the box office at 674-8381, or visit the website at www.sudburytheatre.on.ca. Break a leg!

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SPORTS



John Sabourin / Contributed
The Lady Vees Soccer team have been enjoying some success in their most recent outings.

Lady Vees soccer team nab win, tie

Lady Vees victorious over rival Lakers

BY DAVE VLADARS
LAMBDA CONTRIBUTOR

On Saturday September 17, the Laurentian Lady Vees soccer team defeated a determined Nipissing Lakers squad 1-0 on a warm, sunny afternoon at the Laurentian soccer fields.

Nipissing took control of the game early in the first half, with several early scoring opportunities. This was short lived as several fouls by Nipissing players shifted momentum in the Lady Vees favour.

In the 34th minute Jenna Roach (Sudbury, Ont.) had a fabulous scoring opportunity but Nipissing goaltender Kristine Snedden (Oakville, Ont.) rose to the challenge and made the save. The Lady Vees controlled play for the remainder of the half but were unable to score leading to a 0-0 halftime tie.

The second half began with a flurry of action as the Lady Vees once again had several scoring opportunities but were unable to capitalize. Nipissing looked to open the scoring in the 53rd minute as Anna Violo (Mississauga, Ont.) corralled the ball at the top of the Lady Vees penalty box but fired her shot high over the Laurentian net.

Both teams battled back and forth until the 75th minute when Jenna Roach (Sudbury) managed to get a foot on the ball in the Nipissing penalty box and flip it over the head of the Nipissing

goaltender.

Nipissing was unable to mount any type of pressure in the remaining 15 minutes, leading to the final score of 1-0.

"The girls played an excellent defensive game today," said head coach Rob Gallo. "We could have generated some more offence at times but all in all it was a good victory."

Erica Duczeminski (Sudbury, Ontario) played an excellent game for the Lady Vees, controlling the midfield and for her work was named player of the game by Gallo.

"It was a well played game by both teams, unfortunately we could not get the win today," said Nipissing head coach Vito Castiglione.

The Lady Vees are next in action Saturday September 24, against the McMaster Marauders. Game time is 12 pm in Hamilton.

Lady Vees walk away with a 2-2 tie

BY LESLIE BLACHFORD
LAMBDA CONTRIBUTOR

The Laurentian Lady Vees felt the pressure early on in their second home game of the season on Sunday, September 11th against the York University Lions. The Vees continued to battle hard and came out more aggressive and determined in the second half, and captured a late 2-2 tie.

The Lady Vees started off the first half a bit shaky as both the first and the second goals of

the afternoon were scored by York at the 17th minute by Tania Porretta (Brampton) and the 25th minute by Nicole Burling (Scarborough). Goalkeeper Julia Boschetto (Sudbury) stayed strong and managed to keep the Lady Vees in the game through an onslaught of shots by York's offence. Rookie, Jenna Roach (Sudbury) was also able to create a couple good opportunities but was unable to convert as the Lady Vees headed into the second half down 2-0.

At the beginning of the second half, control of the game gradually shifted for the Lady Vees as they appeared more aggressive and determined. The Vees fought hard on offence and their first goal came at the 68th minute by Jenna Roach (Sudbury). After some midfield play where both teams seemed evenly matched, the Lady Vees again took charge with a goal in the 84th minute by Cara Smith (Sudbury). Both teams played out the remainder of the game strong and finished all tied up at 2-2.

"We came out today exactly the same as yesterday, with a terrible first half," said Head Coach Rob Gallo. "Yet, we managed to come back in the second half which shows our capability as a team."

Gallo also stated, "The bottom line is that we need to come out and consistently play two halves. It is also clear that we need to take the time this week to sort out our defense."

The Voyageurs were lead by Matt Brown (Hemlock, Michigan) with 18 points, and Brody Bishop (Prince Rupert, B.C.) with 12 points. Matt Brown at times took the game into his hands setting the tempo, retrieving loose balls, and scoring from around the court.

"Both teams came out with good intensity and the atmosphere in the gym was impressive," said Head Coach Virgil Hill. "It came down to two to three possessions late in the game that we could not capitalize on and they did, leading to their nine point win."

The Lakers were lead by Tim Stark who finished the game with an impressive 22 points including six three pointers. Dave Zeitlin (Farmington Hills/Walled Lake Western) added 13 including three three pointers of his own.

"LU has a strong team, and Virgil has done a great job with them. I think they will have a strong season," said Lakers Head Coach Mike Fitzner. "It is great to come into an environment like this and come out with a win."

The Voyageurs will next see action Friday September 23 at home against Georgian College, game time is slated for 7 pm.

Mens soccer squad off to rough start

Voyageurs Tie Nipissing 1-1

BY RYAN NEWTON
LAMBDA CONTRIBUTOR

On Saturday September 17th at the Laurentian soccer field, the Voyageurs came away with their first point of the season tying their Northern rivals the Nipissing Lakers 1-1.

Laurentian and Nipissing, both 0-2 started the game off looking for their first points of the season.

The opening half of the game involved a lot of back and forth action with many opportunities for both teams to get their first goal of the season.

However, it was not until the 53rd minute when a header from Nipissing's Alagie Gaye (Ghana) found the back of the net giving the Lakers a 1-0 lead.

The offensive pressure was evenly matched until the 86th minute when Voyageur Matt Boulton (Cole Harbour, N.S.) netted his first goal of the season, evening the game at 1.

The remainder of the game saw the Voyageurs continue their offensive pressure coming away with many near misses.

Head Coach Carlo Castrechino said, "I am very happy that we tied, but I am still disappointed with the team's play. We need to play a full 90 minutes and not just the final 10."

Lakers Head Coach Peter Bitonti commented on his first points against Laurentian in 5 years, "I felt like we deserved to win today, but we are more than happy to take the tie."

On Saturday September 24, 2005 the Voyageurs will travel to Hamilton to play the McMaster Marauders at 2:00 p.m.

Voyageurs fall to York 4 - 0

BY RYAN NEWTON
LAMBDA CONTRIBUTOR

The Laurentian Voyageurs lost to the York University Lions at home 4 - 0, on Sunday, September 11th, marking their second loss in a row without a goal.

The Lions who started off quickly, played most of the opening minutes in Voyageur territory. The scoring began in the 7th minute by Michael Pimentel (Toronto) and was quickly followed by teammate David Nogaro's (Richmond Hill, Ont.) goal in the 8th minute. Eugene Ishchak (Thornhill, Ont.) rounded out the scoring of the first half when he found the net in the 17th minute.

"I was very happy with our team's play," said Lions Master Coach Paul James. "I felt the team was well prepared and disciplined in front of the tough Voyageur crowd."

The second half started out with back and forth play with many chances opening up for both sides. The fourth and final goal came in the 75th minute, as Joe Vaz (Scarborough, Ont.) scored his second goal of the season for the Lions.

Head Coach Carlo Castrechino felt his team came out flat and was not happy with their play today.

"We didn't create any chances like we should have," Castrechino said. He also stressed that the season is not lost. "We will be back to work on Tuesday with the possibility of line-up and formation changes."

Voyageurs shut-out in season opener

BY ANDREW STOKES
LAMBDA CONTRIBUTOR

The Laurentian Voyageurs failed to follow-up a pair of dominant preseason outings with a sub-par effort in their regular season home opener against the University of Toronto Varsity Blues, held on Saturday, September 10th. An enthusiastic crowd was behind the Voyageurs for the whole game, as the team had their chances, but failed to convert in a disappointing 2-0 loss.

The game was back & forth in the opening minutes, with no team establishing control of the tempo. U of T turned up the heat midway through the first half as Voyageur goaltender Ryan Bradley (Sudbury) made a pair of outstanding back-to-back saves. This wasn't enough, however as Sean Myers (Markham) put the Varsity Blues on the board in the 28th minute.

The momentum continued to swing in favour of U of T, as they controlled the game for the remainder of the first half, leading 1-0 heading into the break.

The Voyageurs began the second half playing mostly in their own end, as an energetic U of T squad kept up the pressure, but was unable to convert on a number of scoring opportunities as the outstanding play of Bradley continued. Laurentian showed flashes of brilliance with some chances of their own, but the frustration was evident as they were unable to put themselves on the scoreboard.

The U of T assault continued, with Evan Milward (Kingston) adding a second marker in the 72nd minute. Though the Voyageurs refused to give up, they were unable to score in the remaining minutes as the 2-0 deficit became the final score.

"We didn't play a full 90 minutes," exclaimed Laurentian Head Coach Carlo Castrechino. "We're going to have to play much better tomorrow, if we expect to get the win."

Castrechino acknowledged the strong effort of the Varsity Blues as well; "I give them full credit, Toronto deserved to win today."

Lakers upset Voyageurs in front of a near sell-out crowd

BY MARIE-LEA BRAY
LAMBDA CONTRIBUTOR

The Ben Avery Gym was electric tonight as the Laurentian Voyageurs took to the hardwood against the Lake Superior State University Lakers.

With excitement that rivaled a playoff game and a near sellout crowd the Voyageurs played to impress. However their hard play was matched by the Lakers who came away with a 69-60 victory.

The Voyageurs opened the scoring and took an early lead, but the Lakers not to be out-done soon drew even. The Lakers landed themselves in early foul trouble but continued to lead with the sharp shooting of Tim Stark (Traverse City/Central Tech. (Sauk Valley CC). The Lakers took a 35-27 lead into half time, lead by Starks 17 points.

The second half saw the Voyageurs score some quick baskets landing them and their fans back into the game. Laurentian pulled ahead midway through the second half but were unable to hold the lead as once again the shooting of Starks proved deadly. The Voyageurs refused to quit even in the late minutes of the game as they continued to push the pace.

STUDENT EXPERIENCE

Biology students take part in field camp

BY CHRIS BLOMME
LAMBDA CONTRIBUTOR

What a week it was. Black bear mother and cubs, red fox den, black-throated blue warbler, sedges, herbaceous and aquatic plants, six legged invertebrates, fresh water dynamics and chemistry all to be seen and learned in such a short one week session. Fourth year Biology students at Laurentian University had experiences that should stay with some of them for quite some time.

The weather turned out to be excellent for a "troop" of fifteen students attending field camp at one of Ontario's prestigious Provincial Parks in late August and early September. Killarney Provincial Park is located approximately a one hour drive south of Sudbury, off highway 69. Due to the generous qualities of the Park Supervisor, Chuck Miller and his staff, the Biology students were bivouacked at the Junior Ranger camp close to the main office.

Field camp allows the students the chance to get first hand experience in a number of biological disciplines pertaining to field research. Every day for a week one or two professionals would come out to the camp and give presentations and apply field conditioned projects that would expose the students to the different areas of study.

On the first day, for example, after the initial rooms were assigned and the kitchen identified a small mammal live trap line was established. Dr. A. Hostedde-Shultz presented the concepts of trap line technique, and the information that could be gleaned from such an approach. Small mammals such as woodland jumping mice, meadow vole, northern flying squirrel and eastern chipmunk were detected and released. Live traps are baited with peanut butter. Did I tell you black bears like peanut butter? During one of the daily checks, technician Dallas Linley confirmed this observation. The trap line was moved shortly afterwards.

Other adventures! Nocturnal visits by raccoons brought some well deserved entertainment to the student night life.

Students learned why a bird in the hand is worth two in the bush. During the Tuesday morning walk up Granite Ridge Trail, many birds were heard but not seen. A furtive, migrating yellow-rumped warbler flew across the field of view of one of the students while she was lying down in a well deserved rest at the top of the "mountain". "That is the first bird I've actually seen", she replied jokingly. With the spotting scope mounted on a tripod there was a chance to see double-crested cormorants on a distant island. Later a group of turkey vultures were swarming on an updraft near the town of Killarney. At the lagoons a good view of swimming river otters, mallards, wood ducks and a northern shoveler were observed. A rather slow Midland painted turtle crossed the road, well almost. Luc Boileau captured it and several digitals were taken before she was released.

Boileau gave a well organ-



Contributed

While many students were just getting ready to head back to university, these fourth year Biology students took part in a field camp in Killarney Provincial Park in late August.

ized power point presentation on those 'often difficult to identify' lichens and mosses. A quick trip down one of the trails near George Lake revealed an excellent array of the living organisms on a rock face.

Botanist Dr. Peter Ryser brought the students out to Cranberry Bog. His specialty is plants, and comparisons of aquatic versus terrestrial stragems were presented. Two ambitious students challenged the bog

with hip waders, checking out the plants for roots or rhizomes and collecting a modest sample. Comparisons of leaf physiology became the challenge.

Mr. Mike Bodnar, an "extreme" entomologist (the

study of insects) had the opportunity to show the students techniques used to capture insects in the various types of habitats available. Small pit fall traps, sweep netting and tree shaking applications revealed a myriad of different species to be watched and interpreted.

Other contributors to the field camp were Dr. J. Gunn with freshwater experiences and canoeing, and exquisite Dr. C. Ramcharan with night time forays for aquatic invertebrates.

The instructor for this year's experiences was Dr. D. Lesbarreres, a herpetologist who specializes in amphibian research. His guidance and direction made the field camp a great success to all those who attended. There was even an opportunity to hear a few late calling frogs. A spring peeper, a tardy grey tree frog, and a hopping American toad were noted. Logistical support was provided by Ms. B. Angster-Beckett.

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